Tuesday, December 24, 2013 metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

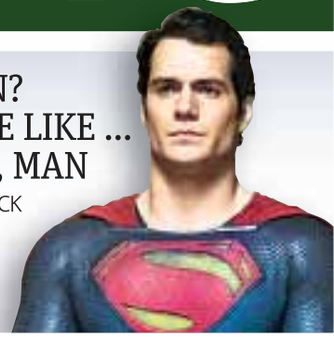
LONDON metro®

5 GUARANTEED $1 MILLION PRIZE DRAWS +THE JACKPOT

THE NEW LOTTO 6/49 SUPER DRAW

Dec. 25th

NEWS WORTH SHARING.



SUPERMAN? PFFT. MORE LIKE ... MEDIOCRE, MAN

METRO LOOKS BACK ON THE WORST MOVIES OF 2013, AMONG THEM, THIS GUY

PAGE 11

Merrrrrrrry Christmas, Metro readers!

Metro is not publishing on December 25. Don't forget to pick up our special Boxing Day edition

Store-bought breathalyzers #fail

Over-the-counter machines blow it on Metro London's tipsy reporter and cops give them a failing grade PAGE 5

NBA nephew joins London Lightning

Harouna Mutombo, whose uncle is a 7'2", 8-time NBA all-star, lands in London as a point guard PAGE 16

'Spirit of Christmas'

Joe Cardillo, left, and Jackie VanAcker with one of the 102 holiday baskets delivered to London families. MARK SPOWART/FOR METRO

Basket Brigade. Food, essentials delivered to 102 London families this year, up from 27 in the program's first year

MARK SPOWART
london@metronews.ca

While many Londoners have been out buying last-minute gifts, employees at Vector Marketing have spent the past few days delivering baskets of food and other essentials to families in need.

Known as the Basket Brigade, this year's effort saw large laundry baskets filled with everything from holiday hams to laundry detergent land in the homes of more than 100 Forest City families.

The program sprung up five years ago, with the folks at Vector taking a little inspiration from a motivational sales coach.

Since then, the home-spun effort has more than tripled in size.

"The whole concept is that we fill (the baskets) with enough food for a Christmas dinner and quite a bit of other stuff for afterwards," said Joe Cardillo, Vector's national sales manage.

"The first year we sent 27 baskets then 50 the next, (then) 52, (then) 82, and this year we sent 102 baskets out."

The program has grown so much that organizers now need three full days to get the baskets where they're going because there's not enough space at Vector's offices to get all the goods together at once.

In addition to the food, each basket contains a letter to the families receiving the gift. The letter wishes each a merry Christmas. It also has a message.

"The goal is someday they can deliver a basket to someone in need, when the time comes that they can do that," said Cardillo.

So far, people seem to be latching onto that idea.

Past recipients have contacted Vector to say they no longer need the help but know someone who does.

Cardillo knows the company's effort is making a small dent in what he considers a lot of need across London. He also knows that the gratitude his staff receives far outweighs what they are giving.

"It really brings the spirit of Christmas to everyone involved," he said.

"To get a hug from a complete stranger and just to know that our group did a little something to make someone's Christmas a little brighter is very gratifying."

DREAM LOTTERY

Take the HOME or the CASH!

Last minute gift shopping?

GIVE THE GIFT OF $1,000,000 CASH

Your Ticket Purchase Changes Someone's Life!

Raising Hope Children's Health Foundation

St. Joseph's Health Care Foundation

London Health Sciences Foundation

WIN 1 OF 3 AMAZING DREAM HOMES OR $1 MILLION CASH!

Kaizen Dream Home in Rosecliffe Estates
$200,000 CASH
Valued at $1,159,900.63*
18-567 Rosecliffe Terrace, London
Wednesday – Sunday, 12:00 p.m. – 5:00 p.m.

OR

Wastell Dream Home in Fanshawe Ridge
$500,000 CASH
Valued at $1,121,988.78*
1632 Blackwell Blvd, London
Wednesday – Sunday, 12:00 p.m. – 5:00 p.m.

OR

Medway Dream Hom in Harbourside Villag
$525,000 CASH
Valued at $1,067,196.65*
43 Erin Place, Grand Bend
Friday – Sunday, 12:00 p.m. – 5:00 p.m.

London Holiday Hours: Homes will be closed Dec. 23 – 26 & Dec. 30 – Jan. 1

ONLY 70% SOLD
1000s of tickets left
1000s of prize to WIN!

NEW DAILY GIVEAWAYS!

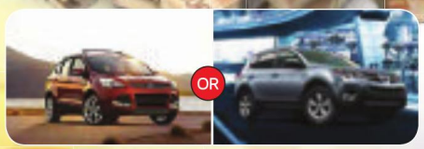
feeling hot hot hot
7 Trip Giveaways
DEADLINE JAN 9

- Dominican Republic
- Bermuda
- Grenada
- Cuba
- Costa Rica
- Mexico
- Jamaica

$5,000* Value x 7

OR $1 MILLION CASH!

Take the **PRIZE** or take the **CASH!***



Ford Escape Titanium
$42,986.16* Value

OR

Toyota RAV4 AWD
$41,886.90* Value

Mini Cooper
$32,265.35* Value

OR

Volkswagen Beetle
$27,349.90* Value

Lexus IS 250
$55,017.50* Value

OR

Infiniti Q50 Sedan
$52,991.35* Value

8 FABULOUS VACATION DESTINATIONS TO WIN!

All 8 vacations valued at $10,000*

PLUS 1,000s OF OTHER PRIZES TO WIN!

*Prizes may not be exactly as shown and certain restrictions may apply. All values stated are retail at the time of tender; they are approximate and include applicable taxes and freight. There are only 244,000 Dream Lottery tickets available for purchase plus 11,980 for prizing. The total tickets available in the 50/50 Plus will be unlimited. 50/50 Plus tickets can only be ordered in conjunction with Dream Lottery tickets. For a complete list of rules and regulations, visit www.dreamitwinit.ca, call 519-488-7100 or 1-866-802-4117 or email dreamitwinit@deloitte.ca

Ticket issuance and draw control provided by: Deloitte.

NEW 50/50 Plus™
*Minimum Payout $250,000.

Over $675,000 Jackpot
WINNER TAKES HALF
CAN GROW UP TO $1,000,000

$10 for 1 ticket
$25 for 5 tickets
$50 for 15 tickets

50/50 PLUS TICKETS MUST BE ORDERED IN CONJUNCTION WITH YOUR DREAM LOTTERY TICKETS.

Unbeatable Ticket Pricing!

2 Tickets	6 Pack	16 Pack	35 Pack
For $50	For $100	For $250	For $500

DLF13LL: 6144 50/50LL: 6147

Order Online www.dreamitwinit.ca 519-488-7100 1-866-802-4117

Fundraiser

Enter the Haggis coming to town

The Home County Folk League and El Sistema Aeolian are teaming up for a fundraising concert on Jan. 24.

The concert at Aeolian Hall (795 Dundas St. E.) will feature a performance by Toronto band Enter the Haggis.

Admission is $25 in advance or $30 at the door. Call the Aeolian box office at 519-672-7950 or check aeolianhall.ca for ticket details. Doors open at 7 p.m. and the concert starts at 8.

Proceeds will be split evenly between El Sistema Aeolian and Home County.

El Sistema offers youth free access to a music-education program that includes instruments, instructions and opportunities to perform in a variety of settings. METRO

Clarification

London Regional AIDS Hospice, operating as the John Gordon Home, opened its doors in the fall of 1992 and continues offering hospice services to this day.

St. Joseph's Hospice plans to welcome its first residential patient in 2014.

The role of the John Gordon Home was not included in a hospice story published in Metro's Dec. 20-22 edition. METRO

Tessa & Scott hit the small screen

Hometown ice dance favourites Tessa Virtue and Scott Moir are hitting prime time. The two-time world champions and Olympic gold medallists are being featured in a six-part television series aptly named Tessa & Scott. The series, premiering at 9 p.m. Jan. 2 on the W Network, takes people behind the scenes, showing Virtue and Moir on and off the ice. Here, they're pictured during the March world figure skating championships at London's Budweiser Gardens. METRO FILE

Easing the call of duty

24/7 emergency care.
Mobile mental health team proving its worth

SCOTT TAYLOR
scott.taylor@metronews.ca

A little more than a year in the books, police and mental health experts say around-the-clock service from the mobile crisis response team has been a resounding success.

Launched in October 2012 to get patients the type of emergency care they need while easing the load for police officers, social workers from the Canadian Mental Health Association (CMHA) have been responding to emergency calls 24 hours a day, offering service that previously ended at 7 p.m. daily.

Police Chief Brad Duncan said the program has yielded tremendous results for his officers.

"We've just got the statistics from 2013, and I'm really pleased," he said. "But, it's also been a little bittersweet.

"We've called the mobile response teams out 651 times and they've responded 598 times, so that's a tremendous relationship we've built."

Police officers are now spending about two hours less on each call than they were in 2012. However, Duncan added, there was a 20 per cent increase in the number of mental health calls in this year.

"So where we've seen a reduction of almost two hours in terms of time spent on individual calls, it's somewhat frustrating there are so many more now," he said.

Still, those numbers prove the program works.

"It's worked very well with the police," said CMHA Team Leader Kristy Bell. "We have a really great working relationship with them.

"All of the officers that we've experienced have been really helpful, wanting information and wanting to know how they can do things differently."

About the only aspect of the program Bell would like to see improved is to have the public or those in need of help call the mobile response team directly, rather than the police.

Who to contact

- If you need immediate mental health help for yourself or someone else, call the London District and Distress Centre at 519-433-2023.

Premier Kathleen Wynne talks to London voters during the Aug. 1 byelection. METRO FILE

Ontario headed toward another minority government: Poll

Ontario appears headed toward another minority government with an election expected as early as this spring, a new poll suggests.

The final province-wide Forum Research survey of the year found the Progressive Conservatives at 38 per cent, the Liberals at 31 per cent, the New Democrats at 24 per cent, and the Greens at 5 per cent.

But Forum president Lorne Bozinoff said the results actually indicate another Liberal minority government because the Conservatives over-perform in rural ridings and fare poorly in and around Toronto.

Bozinoff said the data suggests if an election was held now the Liberals would win 51 seats to the Tories' 43 and 13 for the NDP. Currently, the Liberals have 49 seats, including Speaker Dave Levac, the Tories 36, and the NDP 20 with two vacancies in the 107-member legislature.

"I know it looks like a strange result to have the Tories seven points ahead but get fewer seats (than the Liberals), but there are so many seats that the Liberals … (would) win by one or two percentage points," said Bozinoff.

"The Liberal vote is amazingly efficient. Whatever they need that's what they have to win these ridings and keep their minority. There's no waste to it. The Tories just pile it on in rural areas," he said.

Because of that and the quirks of the first-past-the-post electoral system, Bozinoff said the Conservatives likely need to be at 41 or 42 per cent to win outright.

"They're at 38 (per cent) so they only need to get four points or so, but they have not been able to do it," he said, referring to his monthly polls over the past two years.

Forum used interactive voice-response phone calls to poll 1,044 Ontario residents last Tuesday and Wednesday and the results are considered accurate within three percentage points, 19 times out of 20.

TORSTAR NEWS SERVICE

Kirsten Berry, left, and Nadine Sabino put their best sticks forward Monday to help the London Food Bank during a Coach4Food game at Kinsmen Arena. MARK SPOWART/FOR METRO

Oakridge, hockey coach team up to aid food bank

Coach4Food. London-area campaign expected to donate close to 6,000 pounds of food to London Food Bank

DAVE LANGFORD
dave.langford@metronews.ca

The concept is brilliant.

Gather people who love both hockey and doing the right thing for a big end result: A new fundraising vehicle that's on track for bigger and better things in coming years.

With goaltending hockey guru Dave Rooks teaming with Oakridge hockey convenor Mark Berry, his wife Kirsten and the entire Oakridge Aeros minor hockey program, the London Food Bank will be close to 6,000 pounds richer when the first Coach4Food campaign in the London area concludes on Jan. 1.

"(The) whole idea was kids play hockey and it costs a lot of money to play hockey and there are kids in this town that don't have food," Kirsten Berry said at one of the fundraising exercises for the program Monday at Kinsmen Arena.

Here's how the concept works.

Each Oakridge team is encouraged to participate in the program, through donations of non-perishable food items or cash. Each cash donation of one dollar equates to 1.5 pounds of food.

At the end of the campaign, the team that brings in the most food wins a practice with long-time coach Dave Rooks.

Rooks was the goaltending coach with the London Knights during their 2005 Memorial Cup run, went on to be goalie coach with Columbus Blue Jackets of the NHL and is now back in the OHL with the Sarnia Sting.

Berry said the Oakridge major atoms B team, coached by John Sabourin and aided by Diane Kirton, is on track to win the Rooks practice.

They are closing in on 1,500 pounds of food raised.

Rooks brought the idea to the Oakridge organization and will take it to London's Red Circle minor hockey in the new year.

The concept began in North Bay in 2005 with another former London Knights coach, Tom Hedican, getting it off the ground.

Quoted

"Every team was creative in its own way to accumulate food donations and get the most weight possible."

Kirsten Berry, Oakridge minor hockey

On the web

For more information about the fundraising program, visit coach4food.ca.

Time to regulate online political ads?

Despite promises of a more open and transparent government, Ontario's Liberals have no plans to close what's becoming a gaping loophole for partisan advertising.

Online advertising has ballooned in recent years, but it doesn't fall under a law which requires all taxpayer-funded government ads to be screened by the auditor general to ensure they're non-partisan.

About a quarter of all government spending on ads is online, totalling $10 million in 2012-13. The Liberals spent another $30 million on print, radio and television ads, which must be pre-approved.

They spent $34.8 million on ads in 2011-12 and $50 million in 2010-11 — the lead-up to the provincial election.

But in the last year, the government spent more on Internet advertising than it did for print, auditor general Bonnie Lysyk noted in her latest annual report released earlier this month. It's second only to TV ads, which cost $12 million.

The time has come to close this "significant" loophole, she said.

"At the time the legislation came into play, there wasn't a lot of Internet advertising," Lysyk said Dec. 10, after delivering her report. "It's changed."

Ontario's auditors have repeatedly called for the Liberals to close the loophole in the law they created in 2004. But it's fallen on deaf ears.

Premier Kathleen Wynne said "it's something we obviously will have to take into consideration."

"We will absolutely look at it," she said recently. "As the balance of advertising shifts, it's important that we make sure that we're providing the information that people need."

Lysyk noted in her report that her office rejected three ad campaigns the government voluntarily submitted for "pre-review" — which takes place in the ad's early stages of development and before large sums of money are spent — over concerns that they were partisan.

THE CANADIAN PRESS

2012-13

$10M

Amount spent by province on online ads

Highway 401. Police net marijuana, ecstasy at R.I.D.E. checkpoint

A British Columbia man is facing numerous charges after police say officers manning a London R.I.D.E. checkpoint got more than they bargained for.

Leigh Newman, 30, of Surrey, B.C., was stopped at about 10:30 a.m. Saturday at a checkpoint on the eastbound Highway 401 ramp from Wellington Road.

While checking to make sure Newman was sober, officers found marijuana, the OPP says.

Newman was arrested and has been charged with possession of marijuana along with possession of ecstasy.

Other charges include possession of property obtained by crime.

He was remanded in custody. METRO

Breathalyzers bought from store flunk test

Over-the-counter version. Trial of tests prove they really blow

SCOTT TAYLOR
scott.taylor@metronews.ca

You're at a bar, you've had a few drinks and you don't know if you should drive home.

You're pretty sure you're not impaired, but maybe you've had enough to register in the warning area of 0.05 to 0.08 that would see your licence suspended for a minimum of three days.

Luckily, you thought ahead and purchased an over-the-counter breathalyzer from a drug store or a, better yet, a gas station. They take the guesswork out of drinking and driving, right?

Not so fast. Put the car keys back in your pocket and read the rest of this article before you leave your favourite water hole.

Metro London bought two personal breathalyzers, and I drank enough booze to be tipsy. We invited London police Const. Emmett Murchland — the traffic management unit's breath testing program coordinator and local president of MADD — along for the ride with an official breathalyzer from the police department in tow.

The idea was to drink enough vodka to get my blood/alcohol ratio just over the 0.05 benchmark before Murchland arrived.

It seems I'm not the tiger I used to be. The first test with the police department's unit registered me at a rather tepid 0.39. My boss sighed and sent me back for more. That did the trick and gave me a reading of 0.57.

"You just lost your driver's licence," Murchland said.

Even though it was just a test, it was still pretty sobering to hear a cop say that to me.

Next, we tried the SafeDrive Deluxe Alcohol Detector, a digital device. Because he's the expert, Murchland read and followed the instructions to make sure it was calibrated and used correctly.

I held it close to my mouth and blew into the opening. The reading was 0.00.

Murchland read the instructions again and recalibrated it just to be sure it was done properly. I tried one more time, but got the same result. According to the SafeDrive, I hadn't had a sip.

We tried it twice more, but never did get a true reading. If it really does work, we weren't smart enough to know what to do. Not a good sign for someone trying to figure it out in a darkened bar after drinking.

But that was child's play compared to the Freedrive, which asks the user to have at least some sort of basic engineering skills to put it together.

Here's a sample of its instructions (grammar unedited):

"Do not swallow. Manipulate with care. Do not allow children to handle it. Avoid contact with clothes. In case of skin or eye contact, rinse with clear water and ask for medical advice."

Wait, there's more: press the caps on each side of the test in order to break the protection; blow up the bag in one exhalation; insert firmly the orange cap to the orange neck of the bag; fully empty the bag slowly in 16 seconds; it goes on and on, but in the end, the user has to distinguish the colour of the crystals between one shade of green and another, really quite similar shade of green.

Metro's Scott Taylor puffs into a police breathalyzer administered by Const. Emmett Murchland. Top inset: At left, the 'A' reading on the official police breathalyzer machine means you're going to lose your licence for at least three days. The over-the-counter unit, at right, was still registering a zero. Bottom inset: Can you tell the difference? One of the over-the-counter tests we tried out required looking at these crystals and using a colour legend to determine if you were OK to get behind the wheel. MIKE DONACHIE/METRO

If the crystals reach a thin, black line and are one green instead of the other, the package says — all in caps — YOU CAN DRIVE.

Murchland shook his head in disbelief.

"Can you imagine someone trying to figure this out in a bar or in your car?" Murchland asked. "We have perfect light here, and I really can't tell if that says you're over or not. It's based on colour matching and the two colours are very similar. I'd find it very difficult to tell them apart."

Murchland also dismissed the digital device.

"This one shows that you have no alcohol in your blood, despite having just consumed alcohol and blowing right into it," he said. "It actually said you'd be fine to drive."

And if someone made an innocent mistake and drove because a device like these said they could? Would police understand?

"No," Murchland said firmly. "If you drink, don't drive."

Follow Scott Taylor on Twitter @taylorinlondon

Big print trumpets big promises

They have names like SafeDrive Deluxe Personal Alcohol Detector and the Turdis Freedrive.

In large print, they promise to tell you if you're over the limit to drive. Lost in the small print, however, are conflicting messages that warn users they shouldn't be trusted.

Here's a portion of the Freedrive disclaimer: "Accuracy of results is not guaranteed. Results are estimates only for the average person."

Pretty much anything can skew the results, the disclaimer says, including your age, fatigue, weight, food recently consumed, medications and even "psychological conditions."

And, the device packaging warns: "You are responsible for your own decisions."

What about the SafeDrive warning?

It's just as wordy and by using the product you are agreeing, among other things: "Not to hold the manufacturer, dealer, wholesaler or distributor responsible for the consequences of any decision based on the use of this product."

SCOTT TAYLOR/METRO

On the web

For more local news go to metronews.ca

This warning is on the back of the SafeDrive Deluxe Personal Alcohol Detector. SCOTT TAYLOR/METRO

Hydro crews work around the clock to get lights on

Ice storm. Hundreds of thousands in Ontario, Quebec and New Brunswick may still be without power on Christmas Day

A nasty ice storm that left hundreds of thousands without power in Ontario and Quebec tracked through the Maritimes on Monday as authorities worked frantically to clear tree-strewn roadways, restore downed hydro lines and get stranded travellers to their destinations.

Hydro companies in the Greater Toronto Area — which appeared to be the hardest hit by the weather system — warned some residents to brace for the possibility of being without power until Boxing Day or later.

Some neighbourhoods resembled crime scenes with yellow police tape used to cordon off areas where electric wires or large trees had come crashing down over the weekend. Sidewalks around some high rise buildings were also closed off due to the risk of falling ice.

Meanwhile, travellers trying to get home for the holidays continued to face delays and cancellations on airlines and trains.

Environment Canada said the storm had hit Eastern Canada hard.

"It was a mighty blow," senior climatologist David Phillips told The Canadian Press. "It came at a really difficult time for people travelling and doing last-minute shopping.''

A crew subcontracted to assist with restoring power following the ice storm in Toronto works on a power line on Monday. MATTHEW SHERWOOD/THE CANADIAN PRESS

The weather agency said the system had turned particularly vicious thanks to a combination of warm air from Texas colliding with cold air over Canada to create a drawn-out period of freezing rain.

"We had freezing rain from south of London, all the way through to Ottawa and Montreal and southern Quebec and now today to central and southern New Brunswick, all of P.E.I. and most of Nova Scotia," said Phillips.

"The geographical reach of this nasty, nasty storm is really affecting millions of Canadians in Eastern Canada."

THE CANADIAN PRESS

Recovery efforts

'Winning the war'

"The prudent thing now is to plan for the worst and hope for the best," said Toronto Hydro CEO Anthony Haines, whose utility had some 215,000 customers without power Monday afternoon, down from more than 300,000 at the peak of the outage.

Haines said there were some communities where crews hadn't been able to get into yet as they triaged the power outage situation, prioritizing hospitals, water treatment plants and "feeders," which serve thousands of customers.

He did suggest, however, that recovery efforts appeared to be turning a corner.

"I feel that we're now winning the war, we're able to restore more than is breaking behind us."

THE CANADIAN PRESS

Sparrows sit on ice-covered branches in Mississauga, Ont., on Monday. J.P. MOCZULSKI/ THE CANADIAN PRESS

Power outages

- Though some 215,000 customers in the Greater Toronto Area were still without power, Toronto Mayor Rob Ford insisted Monday that Canada's largest city was not in a state of emergency.
- Elsewhere in Ontario, Power Stream, which serves Markham, Richmond Hill and Vaughan among other communities, reported 16,300 customers were still down.
- Meanwhile, Hydro One — which serves 1.3 million customers in Ontario communities that include Guelph, Peterborough and Walkerton — said more than 112,000 customers were still without power in smaller towns and rural areas.
- In Quebec, nearly 45,000 customers remained without power, largely in the province's Eastern Townships, as technicians worked to fix electricity lines and other equipment damaged by the storm.
- In New Brunswick, the freezing rain that continued to fall Monday hampered efforts to restore power to thousands of customers in the province's southwest. By mid afternoon, NB Power said more than 21,000 customers were without power. THE CANADIAN PRESS

Ammolite. Canadian gem considered a national treasure stolen in heist

Police in Vancouver are looking for a rare gemstone stolen early last Friday morning in a robbery in the city's Gastown district. The front window of Rocks and Gems Canada was smashed Dec. 20 and police say the crook made off with the opal-like gem, ammolite, which is worth $500,000.

THE CANADIAN PRESS

Ammolite. THE CANADIAN PRESS

Heart health. Canadians 'need to do a lot better' to reduce heart attack risk

Just one in 10 Canadians have ideal cardiovascular health, according to a new study published in the Canadian Medical Association Journal.

Even 50 per cent of children scored poorly in the groundbreaking study, which shows that the majority of the population needs to adopt a healthier lifestyle or risk cardiovascular disease — the second-leading cause of death in the country.

"The main message is that we need to do a lot better in terms of heart health if we want to reduce the incidence of heart attack or stroke occurring in Canada," says senior author Dr. Jack Tu.

TORSTAR NEWS SERVICE

Apollo 8. Astronaut relives spacecraft's 1968 Christmas Eve broadcast

An astronaut who was aboard the first manned spacecraft to orbit the moon is marking the mission's 45th anniversary in front of a piece of the actual spacecraft.

Retired Captain James Lovell Jr. re-enacted the Apollo 8's live Christmas Eve broadcast from 1968. During that broadcast, astronauts read verses of Genesis from the Bible.

On Monday, Lovell and several high school students took turns reading in front of an Apollo 8 module that's housed at Chicago's Museum of Science and Industry.

Lovell says they chose Genesis because it's central to three religions: Christianity, Judaism and Islam. THE ASSOCIATED PRESS

Chadian forces wound at least two in drive-by

Young men react after their friend was badly injured by passing Chadian troops during a protest outside M'Poko Airport in Bangui, Central African Republic, on Monday. Hundreds of demonstrators gathered to protest Chadian forces and express support for French troops and other regional African forces. At least two people were wounded as pickups of Chadian soldiers sped through the crowd firing off several rounds. REBECCA BLACKWELL/THE ASSOCIATED PRESS

Pussy Riot is free, but say it's not a victory

'This is a hoax and a PR move.' Band members say their release is a 'cosmetic measure,' call for ban on Olympics

Nadezhda Tolokonnikova, the third member of Russian punk bank Pussy Riot to be released from custody following an amnesty law passed by parliament, leaves prison in Krasnoyarsk, Russia, on Monday. TATYANA VISHNEVSKAYA/THE ASSOCIATED PRESS

Two members of the Russian punk band Pussy Riot walked free Monday, criticizing the amnesty measure that released them as a publicity stunt, with one calling for a boycott of the Winter Olympics to protest Russia's human rights record.

Maria Alekhina and Nadezhda Tolokonnikova were granted amnesty last week in a move largely viewed as the Kremlin's attempt to soothe criticism of Russia's human rights record before the Games in Sochi in February.

"I'm calling for a boycott of the Olympic Games," Tolokonnikova said. "What is happening today — releasing people just a few months before their term expires — is a cosmetic measure."

Another member of the band, Yekaterina Samutsevich, was previously released on a suspended sentence. All three were found guilty of hooliganism motivated by religious hatred and sentenced to two years in prison for a guerrilla performance at Moscow's main cathedral in March 2012.

The band members said their protest was meant to highlight their concern about increasingly close ties between the state and the church.

Russia's parliament passed the amnesty bill last week, allowing the release of thousands of inmates. THE ASSOCIATED PRESS

Nigeria's president responds to allegations

Nigeria's President Goodluck Jonathan is challenging a prominent critic to prove allegations of corruption and that he is training a death squad to kill enemies.

President Goodluck Jonathan, in a letter posted on his special adviser's website Monday, did not address charges that he is shielding a party financier indicted for drug trafficking in the United States and that drug barons are influencing politicians.

Jonathan said he has asked security agencies and the government-funded National Commission for Human Rights to investigate ex-President Olusegun Obasanjo's suggestion that he is training a squad to assassinate some of the more than 1,000 alleged enemies on a hit list.

Jonathan's letter responds to criminal and treasonous allegations made by Obasanjo, his former mentor. It is the most comprehensive accounting of his government ever provided by Jonathan, who has governed since the end of 2009, yet still sidesteps difficult questions.

Nigeria's leader barely touched on the issue of the indicted Buruji Kashamu, saying the man had already responded himself. THE ASSOCIATED PRESS

France

Train carrying nuclear waste derails

French authorities say a train carrying nuclear waste has derailed in a Paris suburb, but no leaks, injuries or other problems have been reported.

An official with the national fire service says experts carried out radiological tests after the incident Monday in Drancy, and found no leaks. The official said the train went about 50 centimetres off the rails.

THE ASSOCIATED PRESS

Brazil

Floods, mudslides kill at least 20

Civil defence officials say floods and mudslides caused by heavy downpours have killed at least 20 people and forced more than 40,000 to leave their homes in Brazil.

The civil defence department of Minas Gerais state said Monday that 14 people died there in floodwaters or mudslides. The civil defence department in Espirito Santo state says another six people were killed there and about 40,150 people were forced from their homes. THE ASSOCIATED PRESS

Indonesia

Official closes airport after he's denied boarding

The Indonesian government has warned a district chief after he forced an eastern airport to close temporarily because he failed to get a ticket on a fully booked flight, officials said Monday.

Marianus Sae, chief of Ngada district in East Nusatenggara province, ordered dozens of city security officers to block the runway of Turarelo airport on Flores island on Saturday.

THE ASSOCIATED PRESS

Reputed Montreal mob boss Rizzuto is dead

Vito Rizzuto, the reputed head of the Montreal Mafia who built a powerful criminal organization with international tentacles, died in hospital Monday.

Rizzuto, 67, passed away of natural causes, said Maude Hebert-Chaput of Montreal's Sacre-Coeur Hospital.

His death raises questions about the future of the Rizzuto clan's decades-old empire, which was crippled by his 2006 extradition to the United States.

Rizzuto was arrested by Canadian authorities in 2004 and extradited two years later to the U.S., where he was convicted for his role in the 1981 murder of three Bonanno crime-family members in New York City.

He was sentenced to 10 years in prison, minus time served while awaiting extradition.

Following his October 2012 release, Rizzuto returned to Canada to a group of family and friends whose ranks had thinned considerably. THE CANADIAN PRESS

Vito Rizzuto
THE CANADIAN PRESS FILE

Smartphone wars: Apple inks deal with China Mobile

Fight. As iPhone loses ground to cheaper competitors, tech giant battles back, teaming up with world's largest phone company

A woman using a phone walks past Apple's logo near its retail outlet in Beijing Monday. THE ASSOCIATED PRESS

Apple's stock rose 3 per cent in morning trading on Monday, a day after the company announced a long-anticipated agreement to bring the iPhone to China Mobile, the world's biggest phone company.

The deal has the potential to boost iPhone sales in a market where Apple Inc. faces intense competition. But even with China Mobile Ltd.'s vast state-owned network, marketing power and more than 750 million mobile accounts, the iPhone has enormous challenges to overcome in the world's most populous nation.

Apple's smartphone is already available in China through two smaller carriers, and although it is popular with well-heeled Chinese customers, the iPhone is losing market share to lower-priced smartphones from Samsung and local brands.

The iPhone 5S and 5C will go on sale in Apple and China Mobile stores beginning Friday, Jan. 17. China Mobile customers can register for phones starting Wednesday.

The companies didn't announce pricing or the terms of the agreement.

The deal comes a month before China's Lunar New Year holiday in late January, a big gift-buying season. That "will provide an immediate boost to Apple's share in China," said analyst Nicole Peng of Canalys, a research firm.

THE ASSOCIATED PRESS

Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.

{ Blake, currently homeless }

HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISING THE ROOF.ORG TO HELP. RAISING THE ROOF

Viva Las Vegas turnin' day into Christmastime

Brothers Joaquin, left, and Sebastian visit with the Red Queen during the third-annual Winter in Venice event at the Venetian hotel-casino on the Las Vegas Strip Dec. 5. Las Vegas casinos have begun staging elaborate Christmas events in recent years to attract tourists during the slow winter months. HANNAH DREIER/THE ASSOCIATED PRESS

Mikhail Kalashnikov. Designer of AK-47 assault rifle dies at 94

Mikhail Kalashnikov started out wanting to make farm equipment, but the harvest he reaped was one of blood as the designer of the AK-47 assault rifle, the world's most popular firearm.

It was the carnage of World War, when Nazi Germany overran much of the Soviet Union, which altered his course and made his name as well-known for bloodshed as Smith, Wesson and Colt. The distinctive shape of the gun, often called "a Kalashnikov," appeared on revolutionary flags and adorns memorabilia.

Kalashnikov died Monday at age 94 in a hospital in Izhevsk, the capital of the Udmurtia republic where he lived, said Viktor Chulkov, a spokesman for the republic's president. He did not give a cause of death. Kalashnikov had been hospitalized for the past month with unspecified health problems.

Kaslashnikov often said he felt personally untroubled by his contribution to bloodshed.

"I sleep well. It's the politicians who are to blame for failing to come to an agreement and resorting to violence," he told The Associated Press in 2007.

THE ASSOCIATED PRESS

Mikhail Kalashnikov said he slept well as the designer of the AK-47 assault rifle, dubbed 'a Kalashnikov'. THE ASSOCIATED PRESS FILE

Same as Oct. 2012

October federal deficit totals $2.5B

The federal government ran a deficit of $2.5 billion in October, unchanged from the same month last year.

The monthly fiscal monitor said Monday that the federal government's revenue slipped by $100 million as an increase in personal income tax and other sources was offset by lower revenue from corporate taxes and the GST.

THE CANADIAN PRESS

Montreal company Cinar

Animator wins copyright case

The Supreme Court of Canada ruled Friday in favour of a Montreal animator in his long-running battle over copyright infringement.

Claude Robinson had already won at the Quebec Court of Appeal, which ruled that the Montreal company, Cinar, had essentially copied his idea for a children's television show.

THE CANADIAN PRESS

Bordeaux vineyard

Chinese tycoon, son die in copter crash in France

A Chinese businessman, his 12-year-old son and two other people died in a helicopter crash as they toured Bordeaux vineyards he had recently purchased, French authorities said Monday.

Lam Kok, who headed Hong Kong-based company Brilliant Group, drew attention in the French media when he bought the chateau, one of a string of Chinese purchases of French vineyards in recent years. THE ASSOCIATED PRESS

Market Minute

DOLLAR 94.24¢ (+ 0.33¢)

TSX 13,447.70 (+ 48.10)

OIL $98.91 US (- $0. 41)

GOLD $1,197 US (- $6.70)

Natural gas: $4.48 US (- 0.01)
Dow Jones: 16,294.61 (+ 73.47)

HAPPY BIRTHDAY, CHRISTMAS BABY

SHE SAYS

Jessica Napier
metronews.ca

I'm going to take a moment to abuse my power as a newspaper columnist and send a very Happy Birthday shout-out to my boyfriend. Yes, my poor significant other has a dreaded Christmas Eve birthday. Even his name — Christopher — echoes the omnipresent holiday that falls on his special day.

Often overlooked and forgotten during the busy holiday season, he has quite a few childhood stories of birthdays spent alone at the ice rink and forced "half-birthday" celebrations in June that always seemed a bit lackluster.

He is not alone in his misery. Many Capricorn babies are quite vocal about their ill-timed birthdates and the dreaded Birthday-Christmas combo gifts. Why is it that a joint gift would be a complete outrage for an individual born in June but it's totally justifiable for anyone afflicted with a December 25th adjacent birthdate?

There are even parenting blogs dedicated to helping couples avoid conceiving a baby with a holiday due date. In case you're wondering, it's best to avoid the bedroom around the end of March if you want to skip a Christmastime delivery.

I am blessed with a mid-August birthday which always meant pool parties with friends and sun-kissed picnics in the park. I recognize how fortunate I am — I have never received a tree ornament as a birthday gift — and as such, I believe that all late December babies are fully entitled to their self-righteous whining. Sulk away Christmas babies! Because regardless of whether or not you choose to celebrate, this eternally merry and bright holiday is impossible to ignore.

Competing with Christmas is not an option and so yuletide birthdays will inevitably become an afterthought. Birthday gifts are wrapped in snowman-print paper, tinsel garlands adorn the hallways instead of balloons and banners, and an abundance of gingerbread cookies and candy canes are placed around the house so that requesting an actual birthday cake seems out of the question.

Worse still is the absence of people willing and available to celebrate your special day. Absentee friends are out of town or suffering from holiday party fatigue. Even those high school acquaintances you never speak to are too distracted to remember to leave an obligatory 'Happy Birthday' Facebook wall post.

Of course there are some perks: Everyone is already in a celebratory mood, you'll probably have the day off work or school, and you'll be surrounded by all of your family (this may or may not be a good thing). If you're very lucky, perhaps some sympathetic friends and family will try to overcompensate with some extra special attention.

But perhaps we can all take a little time this holiday season to do our part to make the neglected birthday boys and girls feel extra special. And please, no combo gifts.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Photog captures icy bear stare

COURTESY PAUL SOUDERS/NATIONAL GEOGRAPHIC PHOTO CONTEST

Polar bear pic wins top award

An eerie picture of a polar bear lurking beneath melting sea ice has won the grand prize of the 2013 National Geographic Photo Contest.

Seattle-based photographer Paul Souders captured this striking image last year in Hudson Bay, as the setting midnight sun glowed red from the smoke of distant fires. METRO

Q and A

'Hasn't been done before'

PAUL SOUDERS
Wildlife and travel photographer, 52, based in Seattle, Wash.

How did this photograph come about?
In July last year, I travelled to Churchill, Man., and in my inflatable zodiac boat I found one bear. She swam up to an iceberg, ducked under and stayed underwater for several seconds. She hung there, just below the surface, watching me, then came up for another breath before swimming away.

The polar bear looks pensive yet menacing. How does she seem to you?
It's so spooky, knowing that the bear was peering back at me, so watchful and curious. It really feels like a moment of communion and trust for me.

Why do you think it caught the judges' eyes?
It's pretty tough to create a picture that hasn't been done before, and I think maybe this is one of them.

Clickbait

LUKE SIMCOE
Metro Online

ISTOCKIMAGES

Maybe you want to save the environment. Maybe you just want to save time. Or maybe it's Christmas Eve and you forgot to send your mother a card. No matter your reason, Metro has you covered with a few ways to use social media as a substitute for a holiday card.

Facebook:
The world's most popular social media site is actually pretty full-featured when it comes to disseminating holiday cheer. You can craft a simple status update, tag your friends and family in a post, or upload and share a Christmas-themed photo album.

Instaquote:
Available for both iOS and Android, this simple app lets you superimpose text onto Instagram shots. Grandma is sure to love a selfie captioned with "Season's Greetings!"

Touchnote.com:
If you just can't go without the tactile sensation of a tacky Christmas card, consider Touchnote. The site lets you make a card using their online editor and then actually mails it for you to. No more licking stamps!

Comments

RE: Nova Scotia Still Bucking Boxing Day Trend By Keeping Stores Closed On Dec. 26, published online Dec. 23

A government shouldn't even have any say on when a business can open or not. We live in a free country.
Mythos88 posted to metronews.ca

Good for N.S. and let's keep it up. Retail workers already get so few real holiday days (because most so called 'holidays' only benefit students/teachers and certain government workers) to spend with their families, now heaven forbid greedy people might have to, gasp, wait two days to buy their Boxing Day sales items!
Jillian posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor** Angela Mullins • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Retail Sales Manager** Joshua Green • **Distribution Manager** Rob Delvallet • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2223 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

SONY
make.believe
forever is
in the details
Forever starts somewhere. The more you can capture, the more you'll have to cherish in the forever to come. That's why the size of your camera's sensor matters so much. No stolen glance, faint blush or slightest touch will ever be missed.
Introducing the Sony NEX-5T. Extraordinary sensor size. Ultra compact body.
The Power of Imaging BE MOVED
α
www.sony.ca/nex
®Sony make.believe and 'α' are registered trademarks of Sony Corporation.

Bruce Willis wallops the legacy of John McClane for a quick paycheque in A Good Way to Die Hard. CONTRIBUTED

The worst of film in 2013

Forgettable fare.
In a year of great films, there were still plenty of stinkers

NED EHRBAR
Metro World News in Hollywood

Yesterday we looked at some of the best films of 2013. Today, to balance out that bright note, we look at some of the dark spots of 2014.

Man of Steel

While there may have been many technically worse films this year, Zack Snyder's bombastic, tone-deaf update on Superman fails on a spectacularly higher level. Consider it a weighted grade. Moralizing, wanton destruction and clumsy product placement are a tough mix.

A Good Way to Die Hard

Bruce Willis further tarnishes the legacy of John McClane with this loud and unfun entry that's a Die Hard film in name only. Maybe he's squinting the whole time because he can't bear to look at what he's creating.

Safe Haven

Romance-loving audiences deserve better than this poorly executed dreck from the mind of bestseller Nicholas Sparks. From the wooden acting to the contrived plot to the limping pacing, this would've seemed bad as a Lifetime movie.

Free Birds

Kids' movies generally get more of a pass critically, but some things we can't let slide. Children deserve better than this odd, clumsy tale of turkeys stealing a time machine to change the menu at the first Thanksgiving.

The Last Stand

The kitschy 1980s action tropes that made Arnold Schwarzenegger a star just don't work anymore, as the former California governor painfully learned when no one showed up to see his first starring vehicle since returning to acting. Bizarre character actor Peter Stormare attempting a Texas accent almost makes it worth enduring. Almost.

The Host

There's a certain amount of satisfaction to be taken in watching Twilight guru Stephenie Meyer's attempt at a follow-up franchise crash and burn, but it's a shame it had to involve the lovely Saoirse Ronan. Still, she should come out of this fine.

Delivery Man

Listen, if Vince Vaughn isn't going to bother showing up for his films anymore, why should we? Paying to watch a haggard movie star sleepwalk through scenes doesn't sound like very much fun.

Stand Up Guys

Al Pacino and Christopher Walken as aging wiseguys felt like a throwback itself in all the wrong ways. And in a year dispiritingly full of signs of creeping chauvinism and misogyny, this was one of the worst offenders.

Romeo and Juliet

Julian Fellowes' take on Shakespeare's classic teens at least gave audiences a new appreciation for Baz Luhrmann.

Comedy

Grudge Match

Director. Peter Segal

Stars. Robert De Niro

Rocky or Raging Bull, who would prevail in a boxing match? That's the question asked in Grudge Match. Robert De Niro and Sylvester Stallone star as retired Pittsburgh boxers who get the chance to step back in the ring to settle a three decade old grudge and make "Kardashian sex tape" kind of money. This is a new story, occasionally funny and touching, but with lots of elements borrowed from other classic movies. **RICHARD CROUSE**

Biography/Comedy

The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio

Set during Wall Street's cocaine and hookers era, The Wolf of Wall Street is based on real life brokers Jordan Belfort (Leonard DiCaprio) and Donnie Azoff (Jonah Hill), who snorted and scammed their way to the top, only to become the subject of an FBI investigation into financial corruption. With its fourth wall breaking narration, scandalous set pieces and absurd antics this is a wild cinematic experience. At three hours it's almost as excessive as Balfort's $26,000 dinners.
RICHARD CROUSE

Biography/Drama

Mandela: Long Walk to Freedom

Director. Justin Chadwick

Stars. Idris Elba, Naomie Harris

Nelson Mandela's life is so astonishing even Hollywood cannot seem to bring its incredulity to life. Based on his autobiography, Mandela: Long Walk to Freedom attempts to cram the subject's lifetime battle against apartheid into 139 minutes and the result only dilutes the measure of the late South African President's story. It winds up more encyclopedic than epic.
STEVE GOW

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Paul Walker ALL PHOTOS GETTY IMAGES

Studio puts the brakes on Fast & Furious sequel in wake of tragedy

Universal Pictures has delayed the release of Fast & Furious 7 for almost a year following the death of star Paul Walker.

The studio announced Monday that the Fast & Furious sequel will be released in April 2015, instead of July next year. Shooting on the film was about halfway finished when the 40-year-old Walker died in a car crash outside of Los Angeles. Walker still will appear in the film, though Universal has not said exactly how it will handle his unfinished performance.

Co-star Vin Diesel first posted the news on Facebook, telling his fans that,

"He'd want you to know first."

THE ASSOCIATED PRESS

Miley Cyrus

Miley beckons us into her boudoir, but do we really want to be there?

Have you guys seen this clip that's going around from Miley's new music video for her song Adore You?

If you haven't, because, I guess, you don't have a google alert set up for "Miley Cyrus" like I do, here's the relevant info:

It features grainy, sex tape-esque footage of Miley, er, pleasuring herself.

I guess we now have the answer to the age-old question "where does one in eternal pursuit of shock value and press go, after humping a foam finger while practically naked onstage?"

But, OK, I don't hate this. Miley Cyrus is a next-level entertainer and whoever is handling her PR right now deserves a big, fat holiday bonus. MyCy (I'm still totally going with this, and don't understand why nobody else has picked this up) was the most-googled person of the year, which is pretty damn impressive considering where she started.

Also, I'm sure there's an opportunity for a think piece on female empowerment and sexual freedom, etc, etc here. I'm not going to write it, I'm just saying there's a window here. METRO

Holidays in Hollywood

Looks like Duck Dynasty won't be without a home

PAT HEALY
Metro World News

Aw, here's a heartwarming story just in time for the holidays. Thanks to Hunt Channel — a Christian television network that markets almost exclusively in reality shows about Bible-lovin', gun-totin' folks who kill defenseless creatures for sport — Duck Dynasty will not go homeless if A&E decides to drop it on its redneck butt.

A lot of people are calling for the network to pull the plug on Duck Dynasty — surprisingly one of the highest-rated reality shows of all time (proof, I think, of the rapid decline of our intelligence as a society thanks to the Internet and sexting and global warming or whatever) — after patriarch in charge Phil Robertson's recent eloquent musings on homosexuality. And, apparently, the other Duck Dynasty cast members are among those calling for the show to be yanked.

Robertson's brood of fellow people who like to make the duckies go bye-bye with the boom boom stick have his back, and have recently gone on record saying that they don't want to do the show without him.

Fortunately, the Hunt Channel is making it their business to ensure that they won't have to. A Christmas miracle!

According to a TMZ report, Hunt channel owner Merrill Sport thinks that A&E should "put on their big boy pants" and support the cast of Duck Dynasty for being the unapologetic bigots they are. Further, Sport is more than happy to put on his own pair of big kid trousers and air the show himself. Because, at Hunt Channel, he says, "we don't censor our personalities."

Meaning, I guess, Hunt Channel lets their people spit as much hateful bile as they want. First Amendment and whatnot. Give them liberty or give them death! (Give them either, I could care less. But first, maybe, give them some teeth and a world view that isn't rooted in ancient mythology or idiocy.)

Beyoncé

Attention Walmart shoppers, there's a Beyoncé in aisle four

The Queen Bey visited a Massachusetts Walmart before her Boston concert on Friday and spread some holiday cheer to the tune of $39,800.

The singer, who might be the only human alive (other than Yeezus, of course) rivaling Miley in the headline-making department, did a mic-check on a Tewskbury Walmart's PA system and announced that she would pay the first $50 of every customer's purchase.

Which, of course, is super nice. But also, what? What compelled Beyoncé (other than a top notch PR team who I'm sure gently suggested this might be a not-terrible stunt to pull) to casually drop by a Walmart in nowheresville, Mass., and pay for some last-minute holidays shoppers' layaway crap? I'm not saying it was a bad stunt, I'm just saying it's a random one.

Anyway, this is all to say that Beyoncé's image as one of the most likable (and that's saying a lot, because it's pretty easy to hate someone so fabulous) ladies in the biz isn't in danger of cracking anytime soon.

Also, for the record, I bet Target is feeling pretty dumb about that whole "not selling her new album" right about now. Just saying. METRO

Twitter

@robdelaney
Just saw a Hasidic man & 2 Asian girls laugh at a dog knocking over a garbage can so don't even act like peace isn't possible guys.

@Brittanysnow
I bet cats really hate the fact that they can't hashtag #yolo

@RebelWilson
All this reminds me of when I got kicked out of an 'Open House' Pretty Woman style last weekend coz the broker thought I couldn't afford it

Healthy highs and lows this year

In our look back at 2013: HIV cures, HIV scares and how a pet can save your life

MICHELLE CASTILLO
Metro World News

The next-gen condom couldn't have come sooner. THINKSTOCK

LOW: U.S. porn industry shuts down three times due to HIV scare

Debbie didn't do many people this year. Numerous HIV-positive test results in the U.S. porn industry forced a moratorium on production while all potentially infected performers were re-tested for the virus. Current regulations require porn stars to be tested every 14 days in the U.S., limiting the number of people who could be exposed.

HIGH: The next-generation condom

No glove, no love may be the motto but many men, particularly in developing countries, remain adverse to the prophylactics. To encourage use, the Bill and Melinda Gates Foundation offered $100,000 to anyone that could come up with the next evolution of the male condom, with up to $1 million for additional research. Eleven ideas won the first-round funding, including a condom made out of bovine tendons.

HIGH: Baby "cured" of HIV

While a cure for HIV and AIDS still remains elusive, doctors in Mississippi claimed to have eradicated the HIV virus from a baby by giving her a three-drug regiment within 30 hours of her birth. The mother of the child had not received any pre-natal treatment to prevent transmission, and a blood test had determined that the child was HIV positive at the time of birth. The child, who was two and a half years old at the time of the March announcement, no longer has any traces of the HIV virus in her blood.

HIGH: Face transplants

The practice of transplanting another person's face onto a patient has been around for a few years — and not just on Nip/Tuck. This year, however, marked many improvements in the field. Polish doctors claimed to complete the world's fastest face transplant — a 27-hour procedure just three weeks after the patient's accident.

Meanwhile, several patients in the U.S. who received facial transplants in 2012 were shown to have improved facial sensation just one year later.

LOW: Emergency birth control doesn't work ... sometimes

European pharmaceutical regulators approved a warning label change that would alert users of Norlevo (levonorgestrel) that it loses potency for women over 165 pounds and does not work in women over 176 pounds. The morning-after pill is a form of emergency birth control that was supposed to prevent pregnancy within 72 hours after having unprotected sexual intercourse.

HIGH: A big year for ART

Across the world, more than 5 million screaming bundles of joy are born to people who may otherwise never have the experience of having a child without fertility treatments. More than half of the 5 million ART babies have been born in just the last six years, meaning the technology is improving.

HIGH: Get a pet, save your life

If you need another reason to convince yourself to get a pet, the American Heart Association confirmed what was once an old wives' tale: that having a pet was linked to lower heart disease, lower blood pressure, lower cholesterol levels and lower levels of obesity.

LOW: Heroin-like drug spreads overseas

For years, Russia has battled a problem with krokodil or desomorphine, an opioid drug in the same family as heroin and oxycodone. It is more potent than morphine, and is easily made with codeine, paint thinner, gasoline and other over-the-counter products. It also is so toxic that it causes flesh to rot off the user's bones, and the average abuser dies two to three years after beginning to use.

LOW: Energy drinks may kill you

Need a jolt of caffeine? You may not want to reach for that energy drink. A December study linked energy drinks to an increase in heart contractions. In addition, the U.S. government is currently investigating many deaths tied to energy drinks, including 33 hospitalizations and 13 deaths with potential links to 5-Hour Energy.

Fodemesi
Shoes HEALTH STEP
Since 1949
www.fodemesi.com
Now Open in our new location with FREE parking!
Our services include ...
Custom Orthotics and Professional Shoe Fitting
We offer everything from 3D imaging to old-world craftmanship
Our products include ...
Quality brand name comfort and walking shoes
We make your feet feel GOOD!
519-432-9639
527 Wellington Rd. S., London, ON N6C 4R3 (across from Parkwood Hospital)

ARE YOU UP FOR THE CHALLENGE?
• Lose 5-20lbs before Christmas!
• FREE Weekly Seminars
• 90 Day Money Back Guarantee!
Nothing to lose, but weight!
For more information call or text NOW OR visit our website
519-859-4229
WWW.LONDONONTARIO.BODYBYVI.COM

Lean pork tenderloin gets a flavour boost from prosciutto, mushrooms and fresh herbs

My choice for an elegant holiday dinner? It's hard to beat a roast, and more often than not my pick is a lean and moist pork tenderloin.

But let's face it, as much as we want to be healthy, there is such a thing as roast that is too lean. A lack of fat often means a lack of flavour. So how to make up this deficit? With plenty of high-flavour ingredients such as prosciutto, fresh herbs, mushrooms and wine.

Prosciutto packs a ton of flavour, and the slight amount of fat it adds is well worth it. As for the herbs, I took a tip from the Italians, who often top off a grilled steak with fresh herbs and a drizzle of olive oil.

Double Pork Roast with Mushroom Marsala Sauce

This recipe serves six. THE ASSOCIATED PRESS

Ingredients

- 2 pork tenderloin roasts (3/4 to 1 lb each), trimmed of all fat
- 2 tbsp packed fresh rosemary leaves, chopped
- 2 tbsp packed fresh thyme leaves, chopped
- 4 oz thinly sliced prosciutto
- 3 tbsp extra-virgin olive oil, divided
- Kosher salt and ground black pepper
- 1/2 cup finely chopped shallots or onion
- 1/2 lb mushrooms (cremini, white button, shiitake, oyster or a mix), trimmed and sliced
- 1/2 cup dry Marsala wine
- 1 1/4 cups low-sodium chicken broth
- 1 tbsp all-purpose flour

1. Heat the oven to 350 F. Cut down through each tenderloin lengthwise so that you can open it up like a book, but do not cut all the way through. Sprinkle water on the cutting board under the tenderloin and sprinkle a little water on top of the tenderloin (this will help prevent the meat from tearing when you pound it). Cover the tenderloin with plastic wrap and pound the meat using a meat mallet or rolling pin until it is about 1/2-inch thick.

2. Sprinkle half the rosemary and thyme leaves all over the inside of each butterflied and pounded pork tenderloin and spread the prosciutto evenly in one layer over the herbs. Beginning with the long end, roll up the tenderloin tightly, tucking in the ends (as you would a burrito). Use kitchen twine to tie the roll in a bundle, tying it every 2 inches.

3. In a large nonstick skillet over medium-high, heat 1 tablespoon of the oil. Season the pork lightly on all sides with salt and pepper, then add it to the skillet. Sear until golden brown on all sides. Transfer the pork to a shallow baking pan, then roast on the oven's middle shelf until the centre reaches 145 F, about 20 to 25 minutes. Remove the pork from the oven and cover loosely with foil.

4. Meanwhile, make the sauce. Return the skillet to medium heat. Add the remaining 2 tablespoons of oil and the shallots and cook, stirring, until the shallots are golden. Add the mushrooms and cook, stirring often, until the mushrooms give off all their liquid and are lightly browned.

5. Add the Marsala and simmer until almost all of it is reduced. Add 1 cup of the chicken broth and bring back to a boil. In a small bowl whisk the remaining 1/4 cup of chicken broth with the flour. Add the flour mixture to the skillet in a stream while whisking and simmer for 2 minutes. Add any juices that have accumulated from the resting pork to the sauce.

6. Slice the pork crosswise into 1-inch-thick slices. Transfer several slices to each of 6 serving plates. Spoon some of the mushroom sauce over each serving.

SARA MOULTON/THE ASSOCIATED PRESS

Dinner. 5-Grain Pilaf with Balsamic Mushrooms

This recipe serves six. PRESIDENT'S CHOICE

Ingredients

- 1 pkg (250 g) PC 5-Grain Blend
- 1 pkg (227 g) white button mushrooms
- 3 tbsp (45 ml) olive oil
- 1 tbsp (15 ml) balsamic vinegar
- 1 cup (250 ml) sliced shallots
- ½ cup (125 ml) finely diced carrots
- 1 large clove garlic, thinly sliced
- ½ cup (125 ml) chicken broth
- 1 tsp (5 ml) salt
- ½ tsp (2 ml) freshly ground black pepper
- ½ cup (125 ml) grated Parmigiano Reggiano
- ¼ cup (50 ml) chopped fresh parsley

1. Preheat oven to 425 F. Line rimmed baking sheet with foil. In saucepan, bring 8 cups (2 l) water to a boil. Add 5-grain blend. Return to a boil. Reduce heat to medium-high and cook, uncovered, for 10 minutes. Drain and set aside.

2. On prepared baking sheet, toss mushrooms with 1 tablespoon (15 ml) of the oil. Roast in centre of oven for 20 minutes. Toss with 2 teaspoons (10 ml) of the balsamic vinegar; return to oven and roast another 5 minutes. Set aside.

3. In large nonstick frying pan, heat remaining 2 tablespoons (25 ml) oil over medium-low heat; cook shallots, carrots and garlic for 4 to 6 minutes or until softened. Stir in drained 5-grain blend. Increase heat to high; cook for 5 minutes, stirring. Stir in chicken broth; cook for 2 minutes. Remove from heat.

4. Stir in salt, pepper and remaining 1 teaspoon (5 ml) balsamic vinegar. Stir in mushrooms, cheese and parsley.

PRESIDENT'S CHOICE

Pot roast that's fit for a feast

Holiday Pot Roast with Spiced Root Vegetables

This recipe serves 12. THE ASSOCIATED PRESS

1. Heat the oven to 350 F. In a food processor, combine the red onions, carrots, celery and leeks. Pulse until finely chopped, but not so finely that a paste is formed.

2. In a large Dutch oven or heavy bottomed large pot over medium, heat the olive oil. Add the onion-carrot mixture and cook, stirring occasionally, until golden brown, 12 to 15 minutes. Spoon the mixture out into a bowl.

3. Trim the chuck roast of any very large pieces of fat. Season the meat liberally with salt and black pepper. Increase the heat under the Dutch oven to high and add the meat. Sear on all sides until well browned, 3 to 4 minutes per side. Transfer the roast to a plate.

4. Add a bit of the red wine to the pot and scrape up any browned bits on the bottom. Return the browned vegetable mixture to the pot along with the rest of the red wine, beef stock, tomato paste, mustard, bay leaves, and rosemary. Stir well. Carefully return the roast to the pot, cover and place in the oven for 3 to 4 hours, or until very tender.

5. Meanwhile, prepare the roasted vegetables. In a large bowl, toss together the carrots, parsnips, onions, sunchokes and sweet potatoes. Drizzle with olive oil and toss to coat.

6. In a small bowl, mix together the salt, black pepper, cumin, coriander and fennel seed. Sprinkle over the vegetables and toss again. Spread onto a rimmed baking sheet. After the chuck has been roasting for 2 1/2 hours, add the vegetables to the oven. Roast, stirring occasionally, for 45 minutes to 1 hour, or until browned and tender.

7. When the chuck is finished cooking, remove the pot from the oven and transfer the roast to a plate. Cover with foil. Remove the rosemary and bay leaves from the pot and discard. Transfer the remaining contents to a blender and blend until smooth, making sure to use caution when blending the hot liquid. Return to the pot and bring to a boil. Simmer until reduced to about 5 cups, or gravy thickness. Serve with the roast and root vegetables.

THE ASSOCIATED PRESS

Ingredients

Roast

- 2 medium red onions, quartered
- 2 medium carrots, cut into pieces
- 3 stalks celery, cut into pieces
- 2 leeks, trimmed and sliced
- 2 tbsp olive oil
- 6- to 7-pound chuck roast
- Salt and ground black pepper
- 3 cups red wine
- 2 cups unsalted beef stock
- 1/4 cup tomato paste
- 2 tbsp Dijon mustard
- 3 bay leaves
- 3 sprigs fresh rosemary

Root vegetables

- 6 medium carrots, peeled and cut into 1-inch pieces
- 4 parsnips, peeled and cut into 1-inch pieces
- 2 medium red onions, cut into wedges
- 2 small celeriac roots, peeled and diced
- 2 lbs sweet potatoes, peeled and cut into 1-inch pieces
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp fennel seeds

Five steps to becoming a millionaire

Entrepreneurship. Kim Kaupe describes how to go it alone, even if you don't have start-up cash or a business background

Quoted

"If you have an idea, tell everyone you can. You never know who that person might know."

Kim Kaupe, co-founder of ZinePak

EMILY LAURENCE
Metro World News

Three years ago, 28-year-old Kim Kaupe quit her job to pursue a business idea she brainstormed with her co-founder. Now, she's the head of multi-million dollar company ZinePak. Like many people who have a gem of an idea, Kaupe didn't have a business background or any start-up money. Still, she went for it. Kaupe shares her tips with us so you can pursue your own great idea.

1. Find a hole in the marketplace

"I worked at Brides magazine for two years and then got a job at an ad agency. One of my co-workers at the agency used to work at Sony Records. We hatched this idea of putting magazines and music together, and out came ZinePak. We wanted to create special packages for fans. It was something that didn't exist before."

2. Partner with someone who has the strengths you lack

"My business partner and I fit together perfectly because one of us has the strengths that the other person doesn't. Find someone you gel with and shares your views, but also brings a unique perspective."

3. Tell everyone your idea

"There's this common misconception that when you come up with a great idea, you have to keep it to yourself because someone will steal it. It's really the opposite. If you have an idea, tell everyone you can. You never know who that person might know. Or, they could have a way for you to improve your idea that you haven't thought of. We changed our entire product based on a suggestion a random customer emailed us. It pays to listen — literally."

4. If you're not an expert, find people who are

"Neither my partner nor I had a background in business. Going to meet-ups was essential for growing our business. There are meet-ups for everything: small business owner meet-ups, tech meet-ups, entrepreneur meet-ups... When I first started out, I thought I was the only person in the world who faced certain problems. But chances are, most other entrepreneurs that you talk to have wanted to throw their Quickbooks out the window too and might have a great suggestion that can help you. Whatever you need to learn how to do that you can't Google, there's someone out there who can help you."

Kim Kaupe, co-founder of ZinePak, suggests attending small-business meetups and finding ways to keep your overhead low. CONTRIBUTED

5. Keep your overhead low

"The first year, my business partner and I worked from home using only our computers, cellphones and brains. It was just us hustling and cold calling, saying 'Let us make this awesome product for you.' The less supplies you have to buy, the more money you'll make. Think, do you really need a warehouse or paper printing machine? Chances are there's a company out there who it's cheaper to pay than renting space or buying all the materials yourself."

How to eat, drink and stay healthy this holiday

Pace yourself: try to have a glass of water for each glass of alcohol. ISTOCK

Seasonal hazards. Between overindulging and contracting colds, this time of year can take a toll on your vigor

The holidays are a time to burn your candles at both ends, but you have to be careful to not flame out. The pressure created by a combination of social events, family get-togethers, shopping and financial stress can easily weaken or overwhelm your immune system.

Eating

Make sure you neither eat too much, nor too little. Overindulging will not only put on a few extra holiday pounds, but makes you more likely to develop esophageal reflux from a distended stomach at bedtime. This overnight trickle of stomach acid bubbling up into the back of your throat while lying flat in bed can not only cause heartburn but may also lead to a sore throat or dry cough.

This is not only a nuisance that is often mistaken for an upper respiratory infection (common cold), but may actually increase your odds of getting a sinus infection or bronchitis by decreasing your resistance. Eating too little may make you more likely to get intoxicated, as the alcohol in a glass of holiday cheer is absorbed much more quickly from an empty stomach.

Drinking

With so many social obligations and reasons to celebrate, there is ample opportunity to drink alcohol on a daily basis — and lots of it. "Everything in moderation" should be your motto. Try to drink a glass of water with each alcoholic beverage (one for one). No matter your sex, weight or choice of adult beverage, if you have two or more drinks in under two hours, you will likely be impaired.

Don't drink and drive, and don't let your friends drink and drive. Work out a designated driver in advance with friends, take a taxi or public transportation and don't be afraid to ask if you can sleep over at your host's or friend's home if driving under the influence is your only other option. Drinking coffee will not sober you up.

Being healthy

The 2013-14 influenza season has officially arrived in North America and there are any variety of cold viruses around that have been making people miserable with sore throats, nasal congestion and coughs.

Shaking hands, kissing under the mistletoe and travelling on a plane can all spread illness rapidly. Get a flu shot, wash your hands frequently, keep your hands away from your face and blow kisses where you can. METRO

Lightning's Mutombo has tall basketball pedigree

NBL Canada. New player brings rich family hoops history with him to London

DAVE LANGFORD
dave.langford@metronews.ca

His uncle is Dikembe Mutombo Mpolondo Mukamba Jean-Jacques Wamutombo, but you can call him Dikembe Mutombo for short. That's if you think seven-foot-two is short.

And there is nothing short about his mother, Muenda Mutombo, who is 6-8.

"If my father was (6-1) or (6-2), I probably would have been a giant," the newest member of the London Lightning said with a laugh at practice Monday.

Harouna Mutombo is a mere 6-4 point guard (his father is 5-10) and comparatively short when standing beside his uncle (an eight-time NBA all-star) and his mother, Dikembe's sister.

Harouna made his Lightning debut on Sunday in Ottawa. Head coach Micheal Ray Richardson is happy with his newest recruit.

"I thought he came in and played great defence. I think he's going to help us," Richardson said. "His strengths I think are he's real athletic, he's a real good defender, not a bad mid-range jump shooter and he understands the game."

Harouna said the Mutombo family moved from Congo when Dikembe was drafted by the Denver Nuggets in 1991.

"And then after a while my mom — she wanted to open up her own business — said why not Canada. Best place. She knew some people here, too. And a lot Africans up here from the Congo. Kind of worked out," he said.

Muenda Mutombo — Harouna keeps his mother's last name since his parents did not marry — continues to live in Pickering, Ont., where she sells international clothing and jewellery.

Harouna said he won an Ontario high school championship while playing in Pickering. He said he played tournaments in London.

"We definitely played tournaments here," he said. "(Lightning owner Vito Frijia) says he remembers me. I've been around a little bit."

After high school, Harouna played NCAA Division I at Western Carolina for four years. When contacted by the Lightning he was living primarily in Los Angeles with his uncle.

A scout with the Washington Wizards connected the Lightning with the youngster.

"People here have embraced me and my team has welcomed me here and the coach is great. He's talked to me and he's been encouraging," he said. "He knows my uncle. The basketball world is small."

But the Mutombo family is not, at least most of them.

Up next

- The Lightning's next game is Friday in Mississauga against the Power and the next home game is Sunday against the Windsor Express at 2 p.m.
- Gates open at 11:30 a.m. Sunday for Kid's Day which includes face painting, shooting hoops and lessons from the Lightning Dance Pack.

Harouna Mutombo takes a shot during the London Lightning's Monday practice at the YMCA. MARK SPOWART/FOR METRO

OHL. Knights bring in forward out of Pennsylvania

Forward Chandler (C.J.) Yakimowicz is leaving one Knights organization to join another.

He's joining the London Knights of the Ontario Hockey League, after signing a standard player's agreement, and leaving the Wilkes Barre/Scranton Junior Knights under-18 AAA team.

Yakimowicz, who turns 18 in January, stands six-foot-three and 210 pounds.

Chandler Yakimowicz
CONTRIBUTED

Yakimowicz, originally from Kingston, Pa., played four games in November with the under-18 U.S. national team development program. METRO

World juniors

Drouin, Horvat, McDavid help Canada top Swiss

Jonathan Drouin scored twice to lead Canada's national junior hockey squad to a 4-1 exhibition win over Switzerland on Monday.

It was the final tune-up for Canada, which opens the world junior tournament Thursday against Germany.

Canada finished with a 2-1 exhibition record but was coming off a 3-0 loss to Sweden on Sunday.

Bo Horvat and Connor McDavid had the other goals for Canada. Jake Paterson stopped 23 shots in goal.

Yannick Rathgeb replied for Switzerland while Melvin Nyffeler made 29 saves.

Rathgeb opened the scoring on the power play just 1:21 into the first period. But Drouin countered with power-play goals at 15:31 and 17:02 to put Canada ahead to stay.

Horvat scored shorthanded at 19:51 of the second before McDavid rounded out the scoring at 4:38 of the third. THE CANADIAN PRESS

Jonathan Drouin THE CANADIAN PRESS

Wickenheiser on Team Canada: Less experience, more depth

Sochi 2014. National Olympic team roster finalized after coaching shakeup, player cuts

Hayley Wickenheiser signs autographs following the naming of the team that will compete in the 2014 Olympic Winter Games in Sochi, Russia, during a news conference in Calgary, Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Canada's Olympic women's hockey team has less experience than two previous editions, but believes it has the speed and skill to defend the gold medal in Sochi, Russia.

The 21-player roster that will attempt to win a fourth consecutive Olympic gold in women's hockey was finalized Monday after the release of three players.

The 2014 squad includes a dozen players who beat the U.S. women 2-0 in the 2010 final in Vancouver. The 2010 and 2006 squads each carried over 14 players from the previous Winter Games.

"We're a little bit younger in the experience department," admitted forward Hayley Wickenheiser.

"We're very similar in the type of style we're going to play — a tight forechecking style and trying to counteract with a lot of speed. We have a little bit more offensive depth on the back end than in 2010 so we'll be counting on them to jump into the attack.

"Goaltending is as good or better. Maybe a little bit more depth overall."

Canada opens their gold-medal defence Feb. 8 against Switzerland. The final is Feb. 20 at the Bolshoy Ice Dome.

THE CANADIAN PRESS

The team

- **Goaltenders.** Shannon Szabados, Alta.; Genevieve Lacasse, Ont.; Charline Labonte, Que.
- **Defenceman.** Jocelyne Larocque, Man.; Lauriane Rougeau, Que.; Laura Fortino, Ont.; Meaghan Mikkelson, Alta.; Catherine Ward, Que.; Tara Watchorn, Ont.
- **Forwards.** Meghan Agosta-Marciano, Ont.; Rebecca Johnston, Ont.; Jennifer Wakefield, Ont.; Gillian Apps, Ont.; Caroline Ouellette, Que.; Melodie Daoust, Que.; Jayna Hefford, Ont.; Brianne Jenner, Ont.; Haley Irwin, Ont.; Hayley Wickenheiser, Sask.; Natalie Spooner, Ont.; Marie-Philip Poulin, Que.

NHL

Stewart honoured for 6-goal burst

St. Louis Blues right-winger Chris Stewart is the NHL's first star of the week.

Stewart had six goals and an assist over four games to help the Blues remain in second place in the Central Division.

He opened the week by scoring twice, his first multi-goal game of the season, in a 3-2 overtime loss to the Ottawa Senators last Monday.

He capped the week by recording three goals and an assist, including the game-winning goal, in a 6-0 triumph over the Edmonton Oilers on Saturday.

Pittsburgh Penguins captain Sidney Crosby was named the second star with two goals and six assists in four appearances as the short-handed Penguins extended their winning streak to seven games.

Colorado centre Matt Duchene took third star honours with two goals and seven assists.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	36	24	10	2	100	75	50
Tampa Bay	36	22	11	3	100	86	47
Montreal	38	22	13	3	96	84	47
Detroit	38	17	12	9	99	105	43
Toronto	38	18	16	4	105	111	40
Ottawa	38	14	17	7	106	126	35
Florida	37	14	18	5	87	117	33
Buffalo	36	9	24	3	64	104	21

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	38	27	10	1	121	83	55
Washington	36	19	13	4	115	109	42
New Jersey	37	15	15	7	90	94	37
Philadelphia	36	16	16	4	89	103	36
Carolina	36	14	14	8	83	101	36
NY Rangers	37	17	18	2	86	101	36
Columbus	36	15	17	4	97	103	34
NY Islanders	37	10	20	7	93	129	27

Monday's results
Phoenix at Buffalo
Anaheim at Washington
Toronto at NY Rangers
Columbus at Carolina
Minnesota at Philadelphia
NY Islanders at Detroit
Pittsburgh at Ottawa
Tampa Bay at Florida
New Jersey at Chicago
Boston at Nashville
St. Louis at Calgary
Winnipeg at Edmonton
Dallas at Los Angeles
Colorado at San Jose

Sunday's results
NY Rangers 4 Minnesota 1
Vancouver 2 Winnipeg 1

Friday's games
Ottawa at Boston, 7 p.m.
Buffalo at **Toronto**, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Columbus at New Jersey, 7 p.m.
NY Rangers at Washington, 7 p.m.
Colorado at Chicago, 8 p.m.
Minnesota at Winnipeg, 8 p.m.
Nashville at Dallas, 8:30 p.m.
Edmonton at Calgary, 9 p.m.
San Jose at Phoenix, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	38	25	7	6	140	105	56
St. Louis	35	24	7	4	125	81	52
Colorado	35	23	10	2	102	83	48
Minnesota	38	20	13	5	87	92	45
Dallas	35	17	12	6	101	105	40
Winnipeg	38	16	17	5	101	110	37
Nashville	36	16	16	4	83	103	36

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	38	26	7	5	124	96	57
Los Angeles	37	25	8	4	104	71	54
San Jose	36	22	8	6	116	90	50
Vancouver	39	22	11	6	106	93	50
Phoenix	35	19	10	6	110	108	44
Calgary	36	13	17	6	91	115	32
Edmonton	38	11	24	3	95	133	25

Note: 2 points for a win, 1 point for overtime loss.

Saturday's games
Detroit at Florida, 7 p.m.
Boston at Ottawa, 7 p.m.
Montreal at Tampa Bay, 7 p.m.
New Jersey at NY Islanders, 7 p.m.
Los Angeles at Nashville, 8 p.m.
Chicago at St. Louis, 8 p.m.
Phoenix at Anaheim, 8 p.m.
Philadelphia at Edmonton, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	20	34	54
Kane, Chi	21	27	48
Getzlaf, Ana	19	24	43
Ovechkin, Wash	30	11	41
Malkin, Pgh	9	32	41
Backstrom, Wash	8	33	41
Perry, Ana	22	18	40
Kunitz, Pgh	20	19	39
Steen, StL	24	14	38
Tavares, NYI	13	25	38
Thornton, SJ	5	32	37
Seguin, Dal	18	17	35
Marleau, SJ	16	19	35
Sharp, Chi	16	18	34
St. Louis, TBL	15	19	34
Karlsson, Ott	9	25	34
Kessel, Tor	17	16	33
Duchene, Col	16	17	33

Monday's games not included

NFL

WEEK 16

Monday's result
Atlanta at San Francisco

Sunday's results
Cincinnati 42 Minnesota 14
N.Y. Jets 24 Cleveland 13
Denver 37 Houston 13
Indianapolis 23 Kansas City 7
St. Louis 23 Tampa Bay 13
Buffalo 19 Miami 0
Tennessee 20 Jacksonville 16
Dallas 24 Washington 23
Carolina 17 New Orleans 13
N.Y. Giants 23 Detroit 20 (OT)
Arizona 17 Seattle 10
Pittsburgh 38 Green Bay 31
New England 41 Baltimore 7
San Diego 26 Oakland 13
Philadelphia 54 Chicago 11

NBA

Monday's results
Milwaukee at Charlotte
New York at Orlando
Detroit at Cleveland
Indiana at Brooklyn
Atlanta at Miami
Utah at Memphis
Dallas at Houston
Toronto at San Antonio
Golden State at Denver
L.A. Lakers at Phoenix
New Orleans at Sacramento

Sunday's results
Indiana 106 Boston 79
Toronto 104 Oklahoma City 98
L.A. Clippers 120 Minnesota 116 (OT)

Wednesday's games
Chicago at Brooklyn, noon
Oklahoma City at New York, 2:30 p.m.
Miami at L.A. Lakers, 5 p.m.
Houston at San Antonio, 8 p.m.
L.A. Clippers at Golden State, 10:30 p.m.

Thursday's games
Atlanta at Cleveland, 7 p.m.
Memphis at Houston, 8 p.m.
San Antonio at Dallas, 8:30 p.m.
L.A. Clippers at Portland, 10:30 p.m.

NFL

Lions coach regrets shouting at fans during OT loss

Jim Schwartz's emotions have gotten the best of him at least a few times publicly as coach of the Detroit Lions.

The latest example happened in what might be the last time he leads the team at home.

When Detroit ran the ball instead of having turnover-prone Matthew Stafford throw late in regulation of Sunday's 23-20 overtime loss to the New York Giants, the crowd reacted with a loud chorus of boos.

Schwartz responded by looking away from the field and toward the stands to shout something.

"I probably should have done just what I did at the end of the second quarter and just kept it in my mind," Schwartz said Monday.

The previous day at his postgame news conference, the embattled coach insisted he wasn't responding to the fans who voiced their displeasure with the decision to play for overtime.

THE ASSOCIATED PRESS

Aaron Hernandez. Judge may impose gag order

A Massachusetts judge may impose a formal gag order in the murder case against former New England Patriot Aaron Hernandez after his attorneys accused the state of allowing leaks that jeopardize his right to a fair trial.

The defence said at a Fall River Superior Court hearing that the prosecution has allowed out-of-court statements about the case. They say Hernandez is entitled to a fair trial before a jury that hasn't been "poisoned" by prejudicial information.

Prosecutors deny the allegations and say no leaks have come from the investigative team.

The two sides agree in principle on a gag order, but the judge asked them both to submit specific proposals.

Hernandez has pleaded not guilty to murder in the June shooting death of Odin Lloyd, a 27-year-old semi-professional football player.

THE ASSOCIATED PRESS

TIRED OF LIVING IN AN APARTMENT?
We are taking applications for available 1-2&3 bedroom units
• Heat and water included
• On 3 bus runs, close to major shopping centers, French School, Catholic School, Public school, plus Catholic and Public High schools. Close to Public sports arena, skate board park, 5 baseball diamonds, a pool plus water slide in the summer.
We are looking for people that want stability
TWIN PINE VILLAGE
Please call 519-457-6954
Leave a message with your full name and phone number and someone will get back to you and tell you when and where the information meeting is held.

DRIVE

Buick Regal could rule the roads

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Buick Regal. One step closer to being first choice over a Euro sedan instead of an alternative

MALCOLM GUNN
wheelbasemedia.com

The Euro-inspired, North America-built Buick Regal represents a significant shift in thinking for General Motors' entry-premium division.

Since its 2012-model-year-arrival, the Regal has dared to challenge similar BMW, Mercedes-Benz and Audi offerings. It has also become a viable alternative for mid-size entry-luxury buyers, regardless of national origin. Along with the subsequent introduction of the smaller Verano sedan and even smaller Encore wagon, Buick has likely left the dwindling knot of traditional Buick buyers wondering what has become of their cherished brand.

Inside, the reshaped dashboard has a 4.2-inch (10.7 centimetre) display screen between the dual gauge pods that shows basic vehicle info. In addition, a new eight-inch (20-centimetre) touch screen for the climate, navigation, communications and infotainment systems can also be operated through steering-wheel controls.

Under the hood has been simplified. Previously, you could pick between the base turbo-charged 2.0-litre four-cylinder engine with 220 horsepower and 258-pound-feet of torque, and a version that made 270 horsepower and 270 pound-feet of torque (the GS model). Newly optional for turbo models is an all-wheel-drive system that in normal driving splits the torque equally between the front and rear tires, but can deploy up to 90 per cent to the rears when the front wheels start to lose traction. AWD is not offered for the optional (and non-turbo-charged) 2.4-litre four-cylinder engine that combines with a 15-horsepower electric motor and lithium-ion battery pack to make 182 horsepower and 172 pound-feet of torque.

The partial-hybrid system, called eAssist, controls the car's stop-start function to conserve fuel at stoplights and in stop-and-go traffic. The eAssist also kicks in when the Regal is accelerating, but unlike a "full hybrid" powertrain, the electric motor never operates independently of the gas engine. A six-speed automatic is the sole eAssist transmission choice.

The AWD option allows the Regal to keep up with the changing times and the competition, as does the availability of camera-based blind-spot warning and cross-traffic alerts, the latter of which points out traffic that's crossing into your back-up path. There's also forward-collision warning that lets you know when you're too close to traffic in front.

Regal shoppers can choose from base, Premium I, Premium II and GS models. For $34,800 (including destination charges), the base car arrives with a considerable load of gear, including dual-zone climate control, leather seat covers (heated in front), 12-way power driver's seat and an electric parking brake. Other items, such as a power sunroof, navigation with rear-vision camera and an up-level nine-speaker Bose-brand sound system, are added as you move up the trim levels.

At the GS plateau, the standard-equipment list encompasses unique front- and rear-end designs, aero side cladding and rear spoiler, and available 20-inch wheels (19-inchers are standard GS fare, while 17s come on eAssist models). GS models also arrive with larger Brembo-brand front brakes, sport suspension setup and a selectable GS sport mode that increases steering effort, firms up the shock damping and alters the transmission shift points for more spirited driving. Anyway you slice it, the Regal's broader appeal and competitive price tag places it in a closer league with its European and North American mid-size sedan rivals and is a real feather in Buick's cap.

2014 Buick Regal

- **Type.** Four-door, front- /all-wheel-drive mid-size sedan
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (259); 2.4-litre DOHC I4 (182)
- **Transmissions.** Six-speed automatic; six-speed manual (opt.)
- **Base price (incl. destination).** $34,800

Design

For the 2014 model year, the Regal receives mid-production cycle adjustments that begin with front and rear restyling, including a more prominent grille plus new front and rear LED lighting.

Fuel economy

For 2014, it's down to a single turbo engine pegged at 259 horsepower and a stout 295 pound-feet. It's rated at 10.1 l/100 km in the city and 6.6 on the highway with the six-speed automatic transmission, and 10.2/6.3 with the six-speed manual (available only with the GS).

The Buick's interface can change depending on what you want to know.

Compare

1 Acura TL
Base price: $42,000

2 Cadillac ATS
Base price: $37,000

3 Volvo S60
Base price: $40,850

Horoscopes

♈ Aries
March 21 - April 20
Something you have been working on for a long time will bear fruit today. Others may say you've been lucky but the fact is you have laboured long and hard to get this far.

♉ Taurus
April 21 - May 21
You will handle everything life throws at you with grace and style. The planets endow you with limitless self-confidence and the kind of faith that moves mountains.

♊ Gemini
May 22 - June 21
You will have to take on new responsibilities over the next few days, including some of a financial nature. Show the world you have what it takes to handle difficult situations.

♋ Cancer
June 22 - July 23
Although the sun in Capricorn brings partnership problems to the fore, Mercury in your opposite sign will make it easier for you to see things from the other person's point of view.

♌ Leo
July 24 - Aug. 23
Matters of a routine nature will take up a lot of time but once you have completed your tasks you can move on to something more interesting. Whatever else you do today, don't cut corners.

♍ Virgo
Aug. 24 - Sept. 23
This should be a productive day for you — you will get a lot done in a short space of time. Make the most of it because as you move into the New Year not everything will come quite so easily.

♎ Libra
Sept. 24 - Oct. 23
Partners and colleagues will demand more of your time and attention today and if you are smart you will give it to them.

♏ Scorpio
Oct. 24 - Nov. 22
You will get the chance to move up in the world in some way over the next few days and even though your mind may be on other things you must grab the opportunity.

♐ Sagittarius
Nov. 23 - Dec. 21
Money matters must come first today and with Mercury joining the sun in the main financial area of your chart you will get the chance to balance the books.

♑ Capricorn
Dec. 22 - Jan. 20
Decide what is the most important thing you should be doing right now and do it to the exclusion of all else. Your efforts will not be wasted.

♒ Aquarius
Jan. 21 - Feb. 19
What happens today will convince you that life is good and about to get even better. The only reason that your thoughts have been so negative of late is because you have allowed your emotions to blot out common sense. Time to rebalance.

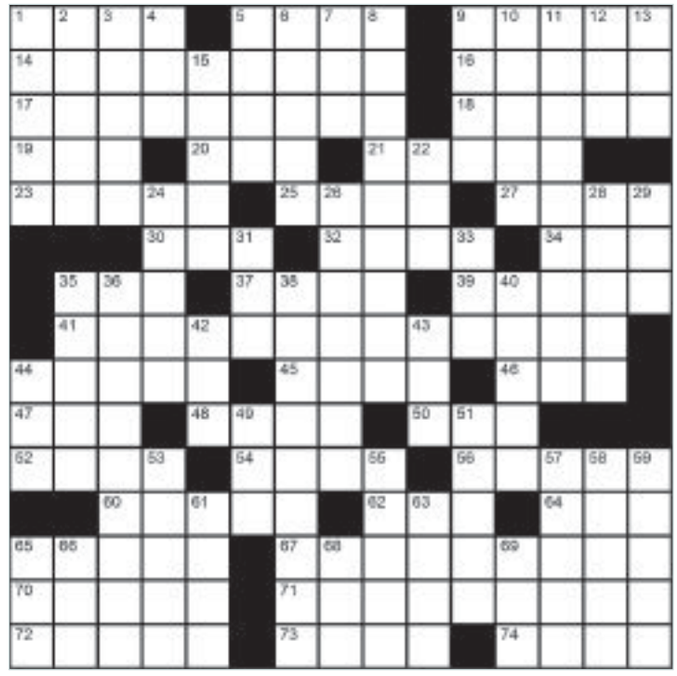
♓ Pisces
Feb. 20 - March 20
Try not to get too emotionally involved in other people's problems. Life is full of ups and downs, and so a more light-hearted approach from you today will be an example for them to follow.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



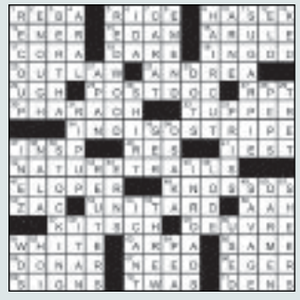
Across

1. "Hush! I __ __ the phone!"
5. Gentle
9. "__ Old St. Nicholas"
14. Artist's work
16. Grow like _ __
17. Saint-Jean-sur-__, Quebec
18. Distributes
19. Pitcher's stat.
20. _ __ mode
21. Pancake dish of Russia
23. Mailing enclosures, commonly
25. Nero's 651
27. Poinsettia part
30. Texter's "incidentally"
32. Jump
34. __-Cone
35. Overseas MTV honour (acronym)
37. Alum
39. Barbera's cartooning partner
41. The Huron Carol bit: "That mighty __ __ / Sent angel choirs instead."
44. Via ship: 2 wds.
45. Singer/songwriter Marvin
46. Prefix to "light"
47. Appropriate
48. Thailand currency
50. Premium car
52. French for "here and there": Ici __ __
54. Ancient portico
56. Distressed cries
60. Saskatchewan village between Regina and Saskatoon
62. American airer since '71
64. Furrow-maker
65. Helicopter part
67. Ontario community east of London
70. Satire
71. Where Canada is trying to lay territorial claim, as in recent headlines: 2 wds.
72. Holiday hue
73. Fellows
74. Belonging to an undercover agent

Down

1. __-ski
2. Ballerina/actress Ms. Shearer of The Red Shoes (1948)
3. Killer whales
4. To the __ power
5. Richard of Night Court
6. Ancient tale
7. Prevarication
8. __ Canada (Book publisher)
9. Actress Ms. Gertz
10. Buck of Hee Haw
11. "Oh, the weather outside is frightful..." Christmas carol: 3 wds.
12. Jeans brand
13. Li'l length units
15. Spread
22. Irish coronation stone, __ Fail
24. Online retail discount
26. Mott's beverage
28. Boredom
29. Bygone bird
31. Early 1920s President [monogram]
33. __ Beta Kappa
35. The Prince of __ (1998)
36. Festive foliage
38. Position in hockey: 2 wds.
40. When management might return from lunch, __ __
42. Music legend Mr. Calloway
43. Bird bill
44. UK defence contractor, _ _ _ Systems
49. Mount __ (Volcano of Japan)
51. Frankincense and __
53. Solo
55. Furious
57. __ it up (Celebrate)
58. Candy-on-a-stick
59. Monica of tennis
61. Welsh opera singer Mr. Terfel
63. Furry friends
65. Semi
66. Hockey Hall of Famer
68. __ _ Turn (Road sign)
69. Madonna's first hubby ... his initials-sharers

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9		7	8				
	2		5				1	9
		4	2			3		
						9	4	8
6				4				3
4	3	2						
		8			9	6		
7	1				5		9	
				1	3		5	

Yesterday's Sudoku

5	1	2	3	4	8	6	9	7
8	7	4	2	6	9	5	1	3
9	3	6	5	1	7	8	4	2
1	6	7	4	2	5	3	8	9
2	5	8	9	7	3	1	6	4
3	4	9	1	8	6	7	2	5
4	8	5	6	3	2	9	7	1
7	9	1	8	5	4	2	3	6
6	2	3	7	9	1	4	5	8

visit metronews.ca
metro

time is running out!

**IF YOUR INSURANCE BENEFITS EXPIRE ON DECEMBER 31,
USE THEM BEFORE YOU LOSE THEM!**

free shipping on orders over $99 | USE CODE: **FREESHIP99**

ONLINE
clearlycontacts.ca/metro

CALL
1-866-414-2326

IN STORE
Toronto & Vancouver

ClearlyContacts.ca

THE BETTER WAY TO BUY EYEWEAR